

**Abstract 383**

**TITLE:** Who Responds to an HIV Intervention?

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**BACKGROUND:** Project LIGHT, a 7-session HIV-focused intervention based on a cognitive behavioral model, was delivered to low income African-American and Latino adults at high risk for HIV in seven cities and found to be efficacious in reducing sexual risk acts over 1 year. This paper examines the factors predicting patterns of improvement over time.

**METHODS:** At 37 clinics in seven cities nationally, 3706 adults at high risk for HIV who had more than one sexual partner or a new sexual partner with whom they had unprotected sex in the previous 3 months were recruited. They were randomly assigned to receive: 1) Project LIGHT, a seven-session HIV intervention based on a cognitive-behavioral theoretical model; or 2) a one session control condition in which participants viewed and discussed an HIV prevention video. The program was evaluated with assessments at recruitment and 3 (84% retention), 6 (85%), and 12 months later (83%). Participants were classed in four groups based on the reports of their sexual risk behaviors over 1 year: 1) always 100% condom use or abstinent; 2) improving significantly over time; 3) initial improvement, but relapse over time; or 4) not improved. Predictors of responding to the intervention were examined separately among those in the intervention and the control conditions.

**RESULTS:** Across 1 year, two predictors were consistently associated with less responsiveness to the intervention: being younger and selling sex for drugs or money. Also, persons with alcohol dependency problems (CAGE scores >2) tended to have lower responsiveness to the program. More recent immigrants were more responsive to the program.

**CONCLUSIONS:** In designing interventions, particular attention and potentially specialized intervention activities should be designed for younger participants and those bartering sex.

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